What is claimed is:

1. A system for providing a reduced-oxygen atmosphere for breathing to a user; said system comprising:

an oxygen-extraction device having an inlet taking in ambient air and first and second outlets, said first outlet transmitting oxygen-enriched air and said second outlet transmitting oxygen-depleted air;

a breathing chamber having an internal space therein and an entry communicating with said internal space and through which the user can enter said internal space;

said second outlet communicating with said internal space and transmitting said oxygen-depleted air to said internal space and

said first outlet transmitting said oxygen-enriched air to a location wherein it does not mix with the atmosphere in the internal space.

- 2. The invention according to claim 1 and said entry closable preferably by zipper, ziploc mechanism, Velcro or magnetic tape, and when closed, dividing said internal space from the external atmosphere.
- 3. The invention according to claim 1 and said breathing chamber made of soft synthetic or natural material and supported by supporting structure, which may be inflatable or assembled from segments made preferably from metal or plastic material.
- 4. The invention according to claim 1 and said breathing chamber being attached to resting platform, preferably a bed, allowing user to rest inside said internal space while inhaling oxygen-depleted air.

The invention according to claim 1 and said internal space communicating with the external environment through naturally existing gaps, fabric pores or optional air-escape openings, allowing excess air to escape breathing chamber and equalizing atmospheric pressure inside said breathing chamber to the outside parameter.

The invention according to claim 1 and said second outlet comunicating with said internal space through air filter and optional air cooling device.

7. A portable travel system for providing a low-oxygen environment for a user comprising:

a breathing tent comprising soft walls supported by a supporting structure and an entry defining a closed space accessible to the user through said entry being selectively closable so that when closed, the tent is substantially isolated from the outside environment;

a gas-processing device having outlet communicating with said closed space and transmitting oxygen-depleted gas mixture through said outlet inside said closed space.

- 8. The invention according to claim 7 and said breathing tent designed to be attached to or erected on a resting platform, preferably mattress or bed, allowing the user to rest or sleep inside said tent.
- 9. The invention according to claim 7 and said portable travel system designed for quick and easy installation and disassembly at home or hotel room.
- 10. The invention according to claim 7 and said portable system designated for use by athletes while sleeping or resting in order to improve their cardio-pulmonary systems and performance in normal oxygen environment.
- 11. The invention according to claim 7 and said portable system designated for the apeutic use to increase strength and endurance and boost immunity.
- 12. The invention according to claim 7 and said portable system designated for use by disabled to train their cardio-pulmonary systems.

- 13. The invention according to claim 7 and said tent made of material allowing water vapor to diffuse through.
- 14.\ The invention according to claim 7 and said supporting structure made of metal or plastic segments.
- 15. The invention according to claim 7 and said supporting structure being inflatable to support said breathing tent.
- 16. The invention according to claim 7 and said gas-processing device employing membrane air-separation technology to provide said oxygen-depleted gas mixture.
- 17. The invention according to claim 7 and said gas-processing device employing pressure-swing adsorption technology to provide said oxygen-depleted gas mixture.
- 18. The invention according to claim 7 and said oxygen-depleted gas mixture being cleaned by HEPA filter and chilled by air cooler before entering said closed space inside said tent.
- 19. The invention according to claim 7 and said low-oxygen environment having oxygen content from 11% to 15%. at sea level.
- 20. The invention according to claim 7 and said portable travel system which can be disassembled and packed in luggage for travel.